

PREVENTIVE CARE FOR YOUNG CHILDREN

2 YEARS

Nutrition and feeding

- ★ offer 3 meals/ 3 snacks each day
- ★ can serve low fat or skim milk
- ★ caregivers responsible for providing food; child responsible for what and how much is eaten
- ★ enjoy family mealtime; let child experiment with food
- ★ ok for child to refuse a meal once an awhile, remain calm & serve rest of snacks & meals on schedule

Growth and development

- ★ stacks 5-6 blocks
- ★ kicks a ball
- ★ goes up/ down stairs one at a time; runs
- ★ uses 2-word phrases
- ★ imitates adults
- ★ shows interest in using toilet
- ★ likes to say "no"

Safety and injury prevention

- ★ continue use of car seat properly in the back seat; is everybody using seat belts? Keep car doors locked and never leave child alone in the car.
- ★ make sure old refrigerators/freezers are locked
- ★ turn pot handles inward toward back of stove
- ★ make sure that gate is secure, if near pool
- ★ throw away exposed electrical cords, cover outlets, medicines and hazardous materials out of reach
- ★ do not leave alone with young sibling
- ★ install/check smoke alarms; continue family safety fire drills
- ★ limit sun exposure/ use sunscreen
- ★ use gates at top/ bottom of stairs
- ★ supervise play in and out of doors
- ★ always wear helmet even when riding on back of caregiver's bike
- ★ keep Ipecac in home; know Poison Control number 1-800-Poison-1 (1-800-764-7661)
- ★ check expiration date on medicine
- ★ assure smoke free environment

Toddlers enjoy

- ★ books to identify people, things and objects
- ★ talking, naming objects, describing what you and others are doing
- ★ puzzles, water-based felt pens, crayons
- ★ large muscle activity: running, jumping, climbing
- ★ playing with sand and water
- ★ doing things with family: zoo, park, walks

(2 years, continued)

Health teachings

- ★ sleep problems common need quiet bedtime routines including favorite toy
- ★ fluoridated toothpaste; pea-size amount
- ★ brushes own teeth; parents need to do follow-up
- ★ set limits, use distraction, gentle restraints, timeout (1 min./year of life) for unwanted actions
- ★ use correct terminology for body parts
- ★ support toilet training if child is ready
- ★ learn CPR and first aid
- ★ ignore what you can and reward the good behavior
- ★ don't smoke around child
- ★ avoid over-the-counter drugs without doctor's advice
- ★ time outs for unacceptable behaviors: for unwanted actions

Family issues

- ★ consider preschool or daycare by age 3- prepares for school and provides language stimulation, physical and social development- choose carefully
- ★ limit TV; select carefully and watch with child
- ★ be consistent with discipline
- ★ spend individual time with each family member
- ★ prepare child for another infant if mother pregnant
- ★ violence potential; handle anger appropriately
- ★ watch for neglect or abuse
- ★ may need extra support, e.g., divorce, disability, income issues, grief, transportation
- ★ may need additional child care services
- ★ exercise together as a family

Questions? Contact:

- ✎ Local Community Health Services Office
- ✎ Local Family Resource List
- ✎ Head Start
- ✎ Resources for Family - Provider Information Line 1-800-529-5000
- ✎ SD Department of Health 1-800-738-2301
- ✎ Health Care Provider

REMEMBER: Everyone wash hands
(Adults and Children)